



February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong 	2 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group NEW 10:30 Men's Fitness 3:00-4:00 Dance Free	3 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	4 8:30 & 9:30 Strength Training NEW 10:30 Men's Fitness 12:30 Lunch 1:00 Scrabble 1:30 Bridge 4:00 MELT 508-693-2896	5 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	6 
7	8 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 2:00 "Planning For Aging" with Abe Seiman. 508-693-2896 to reserve. 4:00 Qi Gong Pedi Care Clinic 508-693-2896 to sign up	9 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group NEW 10:30 Men's Fitness Blood Pressure Clinic 11:30-1:30 3:00-4:00 Dance Free	10 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	11 8:30 & 9:30 Strength Training NEW 10:30 Men's Fitness 12:30 Lunch 1:00 Scrabble 1:30 Bridge	12 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	13
14	15 Office Closed 	16 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group NEW 10:30 Men's Fitness 3:00-4:00 Dance Free	17 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	18 8:30 & 9:30 Strength Training NEW 10:30 Men's Fitness 12:30 Lunch 1:00 Scrabble 1:30 Bridge	19 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	20 
21	22 10:00 Gentle Pilates 11:15 Yoga 1:30 Island Stories: Highlights from the Martha's Vineyard Museum call 508-693-2896 to sign up. 4:00 Qi Gong	23 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group NEW 10:30 Men's Fitness 3:00-4:00 Dance Free	24 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Public Health Nurse 1pm-3pm 	25 8:30 & 9:30 Strength Training NEW 10:30 Men's Fitness 12:30 Lunch 1:00 Scrabble 1:30 Bridge 4:00 MELT 508-693-2896	26 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	27
28	29 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong 	MELT WORKSHOPS: Space is limited, call 508-693-2896 to reserve! February 7th 4:00-5:30: MELT for Arthritis February 21st 4:00-5:30: MELT for the Office				

Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

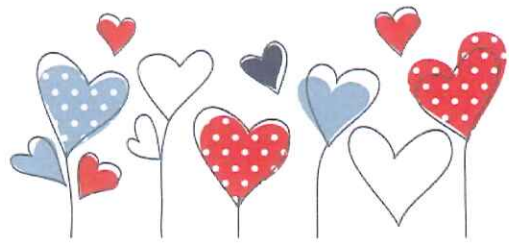
SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home



Upcoming Events:

MV Museums Presentations! The **3rd Monday of every month**. Call 508-693-2896 to reserve.

“Writing You Memoir” with Moira Silva

March 7th, 14th, 21st, 28th 9:00 am- 10:30am

Pre-registration required. *Call 508-693-2896 to reserve. Space Limited.*

Felix Neck Presents: Animals in Winter

Monday March 7th at 2:00pm.

Call 508-693-2896 to reserve.

AARP Tax Prep- Get assistance filing taxes.

March 2nd and 9th Call to 508-693-2896 to sign up.

SMILES Free Dental Clinic

Friday May 13th

Call 508-693-2896 for additional info and to sign up.